

Abstract

Title: The individual training plan for football player.

Goals: To diagnose muscle imbalances and mitigate their effects.

To find out and modify the eating regime of the reference proband, to reduce a percentage of body fat.

Methods: Laboratory tests.

The physical and nutritional intervention.

The evaluation of results through analysis and comparison of input, kontrol and output of laboratory tests, expert assessments from kinesiological analysis and interviews with the proband and his parents.

Results: A significant reduction of muscle imbalances by stretching shortened muscles and muscle groups. A slight strengthening of flabby muscle groups along with a partial modification of comfortable posture.

A slight decrease of body fat and improved eating habits.

Keywords: Individual plan, compensatory exercise, muscle imbalances, shortened muscles, healthy diet, eating habits.